

Gunyama Park Aquatic and Recreation Centre

.....

17 Zetland Avenue
Zetland NSW

P: 1300 198 412

W: gunyamapark.com.au

Access Key

A customised accessibility guide

Updated June 2022 V2



Contents and glossary

Guidelines	3
Communication board	4
Did you know?	5
Getting there	6
Parking	7
Welcome	8
Entry	9
Lower level map	10
Upper level map	11
Staff	12
Reception/Foyer	13
Reception/Foyer	14
Toilets	15
Changing Places	16
Cafe	17
Cafe	18
Toilets	19
Therapeutic benefits	20
Hydrotherapy pool	21
Hydrotherapy pool	22
Toilets	23
Pool hall	24
Aqua play park	25
25m Program pool	26
Aqua group fitness	27
Toilets	28
Outdoor pools	29
50m pool and leisure pool	30
Toilets	31
Indoor fitness	32
Gym	33
Studios	34
Toilets	35
Multipurpose sports field and outdoor fitness	36
Creche	37

Bookable spaces	38
Accessibility	39
Safety	40
Contact	41



Active supervision–Focused attention and intentional observation of children at all times.

AFFL–Above finished floor level.

Balance–A biological system that enables us to maintain a body’s desired position and requires a number of sensory systems to work together. Good balance builds better posture, helps to prevent falling over when standing or moving, improves coordination and increases muscular power.

Cardiovascular–Relating to the heart and blood vessels.

Gross motor skills–Gross motor skills use the large muscles of the body. Commonly used gross motor skills include actions such as rolling, crawling, walking, jumping, riding a bike, and climbing stairs. Gross motor skills are essential to movement and taking part in activities at school and at home.

HSSH–Hand held shower hose.

Interpersonal and social skills–Relationships or communication between people and the ability to interact with them in the most efficient and proper manner.

Proprioception–Awareness of position and movement of the body.

Social awareness–Considering the perspective of other people and understand their needs.

Sensory exploration–Stimulation of the senses: touch, smell, taste, movement, balance, sight and hearing, to facilitate exploration.

TGSI–Tactile ground surface indicators. A tactile ground surface to assist people who are visually impaired. Often found on footpaths, stairs and train station platforms.

Guidelines

Thank you for choosing to use an Access Key for Gunyama Park Aquatic and Recreation Centre. This guide provides convenient information about accessing the centre.

For your Access Key to be successful, we recommend you follow these guidelines:

- Access Keys are online so you can prepare for your visit in advance.
- Access Keys be read and shared in an environment free of distractions
- Access Keys can be read independently or shared with a friend, family member, carer or support worker to prepare for the visit.
- If you are sharing the Access Key with a participant, help them comprehend key points, consistently monitoring level of understanding.
- If sharing the Access Key with participant, you can use contextualised photographs to summarise information and experiences.
- If using the Access Key as a reflective tool, make sure to enjoy the pivotal link between experience and recall after the visit has taken place.
- Once the visit has taken place, revisit the Access Key to celebrate success.
- Accessibility information is on page [39](#).
- Safety information is on page [40](#).
- You can download the Access Key in its entirety - it is 41 pages in total.

Access Keys
.....unlocking
your world!



**Access
Ability
Australia**

Access Keys are designed and developed by AccessAbilityAustralia.

To view the full range of free Access Keys available, go to [AAA Library](#).

For Access Keys in Braille or audio, please [contact us](#).

Please complete our short [survey](#) to help us ensure continuous improvement.

© AccessAbilityAustralia, All Rights Reserved. 2021 DISCLAIMER: All materials have been compiled from information available at time of production. They are not intended to replace professional advice including; but not limited to, access audits. All necessary care has been taken to design and produce Work(s). All measurements provided are within an approximate range. Full implementation guidelines are supplied in accordance with Work(s) in its entirety. You acknowledge and agree that you are using all services and facilities provided by AccessAbilityAustralia at your own risk and you agree to defend, indemnify, save and hold AccessAbilityAustralia harmless from any and all demands, liabilities, costs, losses and claims, howsoever suffered, including but not limited to legal fees that may arise directly or indirectly from any service provided or agreed to be provided by AccessAbilityAustralia. You agree that this indemnification extends to all aspects of the Work(s), including but not limited to implementation and usage. AccessAbilityAustralia are indemnified of all claims, liability, and expenses that may arise from use of Work(s) as per usage and acceptance of these terms and conditions. This Access Key is not to be altered by any parties without express permission of AccessAbilityAustralia.



Accessible toilet



Ambulant toilet



Fully accessible toilet



Change rooms



Bookings



Drinking fountain



EFTPOS



Exercise



First aid



Changing Places



Gym



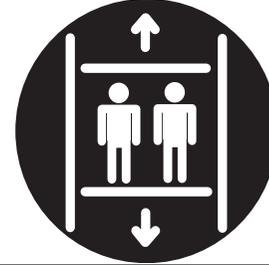
Hearing loop



Rest area



Lift



Membership



Recharge station



Room hire



Swim



Wheelchair



Wi-Fi



Did you know?

- Gunyama Park Aquatic and Recreation Centre is managed by Belgravia Leisure on behalf of the City of Sydney. Belgravia Leisure is a registered NDIS provider.
- A variety of 360 membership options are available with [online](#) sign up.
- Our [360 memberships](#) give you access to the six City of Sydney leisure centres in the local government area.
- Group or individual [swimming lessons](#) are available.
- Gunyama Park Aquatic and Recreation Centre operates under the Royal Life Saving '[Keep Watch](#)' supervision guidelines for parents and carers.
- [Health and fitness classes](#) are available.
- There is a café at Gunyama Park Aquatic and Recreation Centre.
- You can book to have a birthday party.
- A [creche](#) operates at Gunyama Park Aquatic and Recreation Centre.
- A fully equipped [gym](#) is available for members and casual users.
- A multipurpose synthetic [sports field](#) is available for public use and private bookings.
- Please visit our [website](#) for casual entry prices.
- Gunyama Park Aquatic and Recreation Centre is a 5 star 'Green Star' facility with its own locally produced energy system for environmental sustainability.

- Follow us on [Facebook](#).
- To provide feedback, you can contact us on:
 - Email askbelgravia@belgravialeisure.com.au
 - Telephone 1300 198 412
 - gunyamapark.com.au/contact-us

Indigenous significance

During the 1850s Waterloo was a smelly place. Strong southerlies blew through the area and noxious trades dealing in animal skins gave the southwest wind a distinctive presence.

The Sydney Aboriginal language word gunyama means "wind from the southwest". Our facility name references this past industrial heritage and its Indigenous significance.

A bronze sculpture modelled on handheld water carriers, once used by Aboriginal communities along Australia's coast, is a central feature at the complex. The artwork, *Bangala*, (water carriers) is by Aboriginal Elder Aunty Julie Freeman and artist Jonathan Jones.

Gunyama

“wind from the southwest”



Getting there

Gunyama Park Aquatic and Recreation Centre is at 17 Zetland Avenue, Zetland.

See Google Maps reference [here](#).

Train

Green Square Railway Station is approximately 900m or a 10-minute walk from the centre.

Bus

- Route 343 from Central Station, stops at Elizabeth Street (2-minute walk).
- Route 320 from Central Station to Joynton Avenue (1-minute walk).
- Route 309 from Central Station to Green Square Station (14-minute walk).

Walking

A 20 to 25-minute walk from Alexandria, Rosebery or Redfern.

Bike racks are provided adjacent to both main entrances.

For further information on how to get to Gunyama Park Aquatic and Recreation Centre, please visit [Transport NSW](#).





Parking

The most convenient parking is directly outside the main entrance on Zetland Avenue.

You will find:

- four accessible parking bays around 18m from the entrance
- 40 ticket parking spaces on Zetland Avenue linked to the 6 parking meters where you can pay
- one space allocated as loading zone
- limited parking in surrounding streets.

Note: Drivers with mobility parking permits are legally able to park within any of the 2-hour ticket parking without charge and without a time limit.

There is a dedicated 'Parking, Swim and Gym' subsidised parking [scheme](#). You may only claim a

discount if you are using pools, gymnasium or fitness studios.

First, use the dedicated 'Parking, Swim and Gym' meters to purchase a parking ticket. Purchase a ticket by paying with a credit card, debit card or mobile wallet device and clearly display the ticket within your vehicle. Please note, discount parking is not available for cash payments.

Then, validate your parking ticket at the validation machine. To claim your discount parking, you will need to use the same credit card, debit card or mobile wallet device that you used to pay for your ticket parking in Zetland Avenue. The validation machine is past the reception turnstiles, on the right. If this is completed within 2 hours of initial payment, people using the

facilities at Gunyama Park during opening hours will receive a 40% discount. This will be reimbursed to the person's payment card.

Limited parking is available in surrounding streets. People are encouraged to catch public transport when possible.

Taxis and private vehicles

There are four car park spaces allocated as No Parking at the entrance in Zetland Avenue. These are pick-up and set down areas.

Bus parking is on Joynton Avenue.

Bike racks are provided.



Welcome

Welcome to Gunyama Park Aquatic and Recreation Centre.

For office hours and contact details please visit gunyamapark.com.au

Centre operating hours may vary depending on the day.

There is an undercover area directly outside the main entry to the centre on Zetland Avenue.

Entry

There are three entry points into Gunyama Park Aquatic and Recreation Centre.

The main entrance is on the corner of Joynton Avenue and Zetland Avenue.

Proceed along a short pathway with inclined gradient of 1:21. Enter into an airlock through a set of automated glass doors with a clearance of 1600mm. Continue along another short pathway with an inclined gradient of 1:14. Enter through a second set of automated glass doors with a clearance of 1600mm.

The second entrance is further along Zetland Avenue. Proceed along a short pathway with an inclined gradient of 1:25. Enter through a set of automated glass doors with a clearance of 1700mm.

The third entrance is located directly opposite the sports field and is used for school and private bookings only. Access to the centre is via a short pathway with an inclined gradient of 1:21. There is a video intercom that links to reception to let you in. It is on the right. Enter through a manual gate opening inward with a clearance of 1300mm.



Main entrance

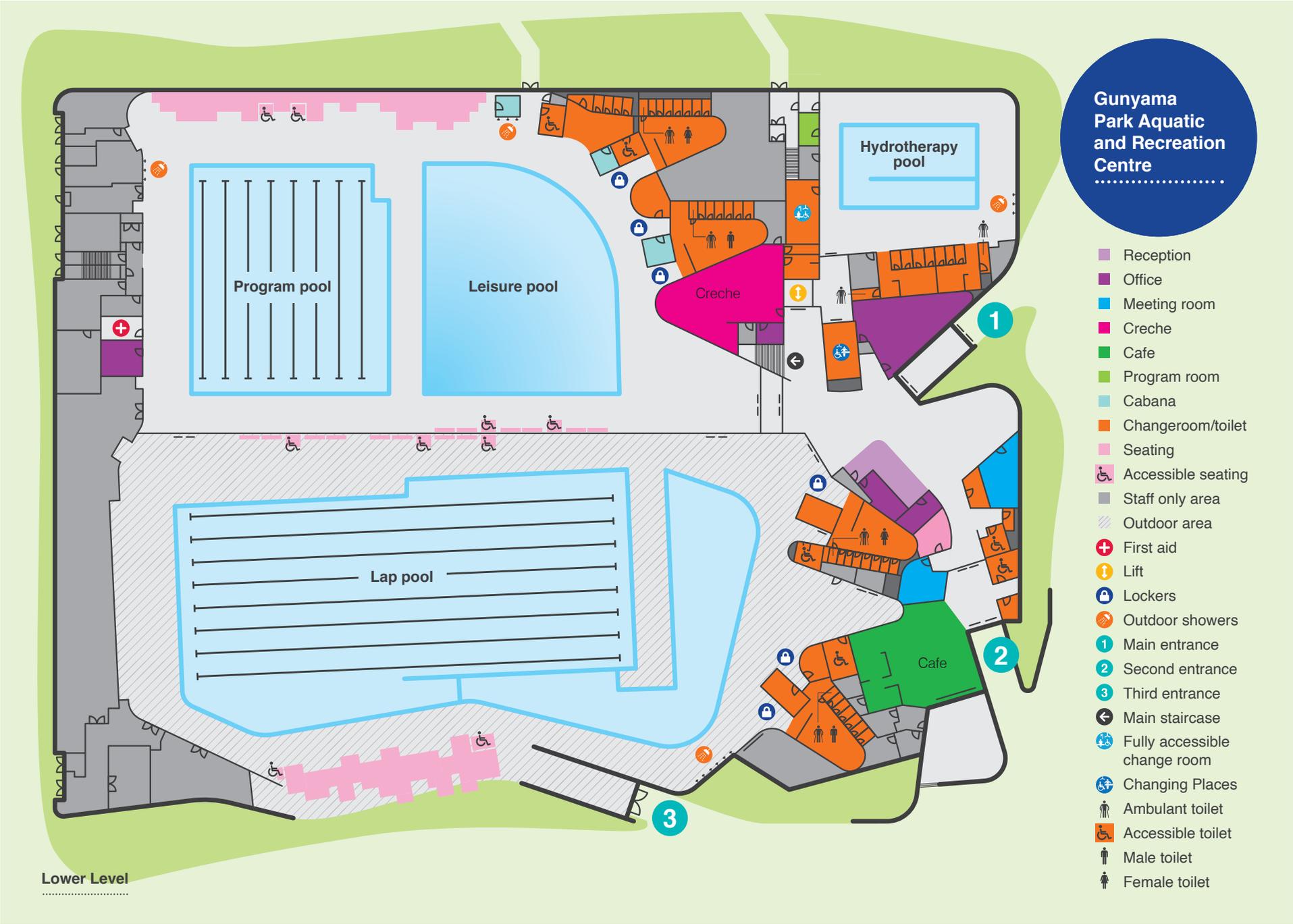
Second entrance



Third entrance



Lower level map



Upper level map





Staff

Lifeguards wear international standard uniform with bright yellow and red long sleeve shirt with red shorts. The word 'Lifeguard' is across the front and back of shirts. They carry a bum bag, a rescue tube and a radio.

Centre Management staff wear a black shirt and neutral/ black pants or skirt. All staff wear a Belgravia Leisure name badge with their name and position.

Duty Managers wear a navy t-shirt with a blue and white stripe and carry a radio. Customer service staff wear a white t-shirt with a grey and navy stripe.

Swim Instructors wear bright blue rash vests with 'Swim Instructor' across the back and black shorts.





Reception/ Foyer



Reception / Foyer

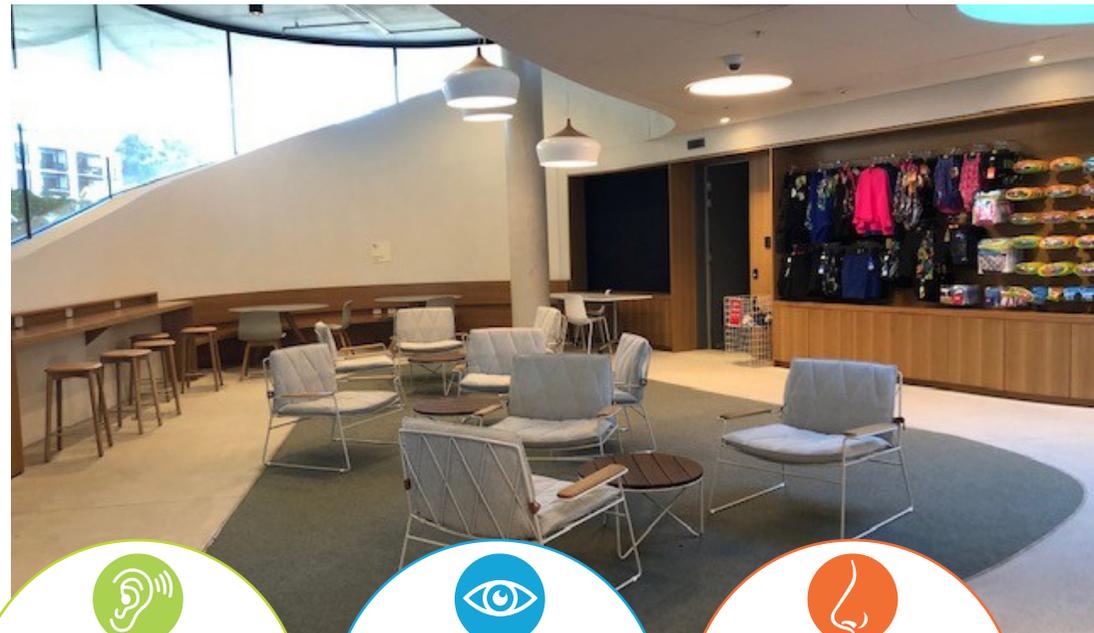
The reception is directly ahead of the two main entry points. People who access the facility from the second entrance have to pass through the café.

Staff can help with enquiries, bookings, payments or to provide directions.

There is a visual communication board at reception to support confident customer communication.

In the foyer there are:

- benches with mobile device charging stations
- tables at a height of 780mm AFFL
- chairs with back and armrests
- coffee tables.



SENSORY GUIDE



Feel

Change in ground surface
Heating/Cooling



Sounds

Automated doors
Echo
Music
People
Turnstiles beeping



Sights

Bright lights
Glare



Smells

Chlorine
Deodorants
Timber
Sunscreen

Reception / Foyer

Toilets

Location: Turn left after you've entered through the centre and go past reception. Located in alcove (small hallway) on left hand side. If you are entering from the second entrance, go towards reception. Located in alcove on right-hand side.

Includes:

- unisex, accessible toilet with artificial lighting
- manual door opening inward. Door clearance of 850mm. Twist lock at 1040mm AFFL
- cubicle space 2780mm x 2770mm
- grab bars to the right and behind toilet
- contrast toilet seat
- toilet height 490mm AFFL with right hand transfer
- sink height 810mm AFFL with lever tap 930mm AFFL
- baby change area.

Separate unisex ambulant toilet.



SENSORY GUIDE



Feel

Change in ground surfaces
Heating/Cooling



Sounds

Echo
Hand dryer
Toilet flushing
Water running



Sights

Bright lights
Mirror/Reflection



Smells

Bathroom smells
Disinfectants

Changing Places

Gunyama Park Aquatic and Recreation Centre has a dedicated Changing Places fully accessible toilet and changeroom. Changing Places toilets have extra features and more space to meet the needs of people with severe and profound disabilities.

Location: To the right of reception.

Includes:

- unisex accessible toilet with artificial lighting
- automatic sliding door. Door clearance 1160mm (when entering from reception or hydrotherapy pool)
- push button lock at operating height 1170mm AFFL
- cubicle space 3000mm x 7000mm
- contrast toilet seat
- toilet height 490mm AFFL. Retractable grab bars on either side of the toilet with space for either a right- or left-hand transfer
- emergency button 600mm from toilet
- sink height 830mm AFFL with lever tap at 980mm AFFL
- shower with bench, HSHS and grab bars
- adult change table – electronically height adjustable and manual foldable table – Safe Working Load 200kg
- C450M Ceiling Waverley Glen motorised height adjustment, manual traverse ceiling hoist with hoist/grab bar – Safe Working Load 200kg.

Please remember to bring your own sling and ensure it is compatible with the hoist. If there is any uncertainty, please do not use hoist.

The Changing Places gantry system runs from the adult change table directly into the hydrotherapy pool for ease of transfers. If you need assistance, please speak to a staff member.



SENSORY GUIDE



Feel

Change in ground surfaces
Heating/Cooling



Sounds

Echo
Hand dryer
Toilet flushing
Water running



Sights

Bright lights
Mirror/Reflection



Smells

Bathroom smells
Disinfectants

Cafe

.....

Café

The café sells a range of quality food and beverages which meet Australian healthy eating guidelines.

If accessing through the main entrance, turn left at reception, proceed down a hallway and through a set of glass automatic doors with a clearance of 1700mm. The café is on the right, at the end of the hallway.

If accessing the centre from the second entrance, the café is to the left.

Cafe staff wear black.

Chairs with backrests, benches and café tables at a height of 750mm AFFL are available.

The cafe also operates an alfresco area which includes tables and chairs as well as shade, heating and lighting.

Menu will be displayed on screens. For catering, menu and dietary requirements please call 1300 198 412.

EFTPOS only is available.



SENSORY GUIDE



Feel
Heating/Cooling



Sounds
Café equipment
Echo
Music
People



Sights
Bright lights
Digital menu screen
Glare



Smells
Food/Drink
Deodorants
Sunscreen

Café Toilets

In the café area there are two separate unisex toilets.

Location: Directly opposite the café main service counter.

Includes:

- unisex, accessible toilet with artificial lighting
- manual door opening inward. Door clearance of 840mm. Twist lock at 1050mm AFFL
- cubicle space 2580mm x 2590mm
- grab bars to the left and behind toilet
- contrast toilet seat
- toilet height 480mm AFFL with left hand transfer
- sink height 820mm AFFL with lever tap 940mm AFFL
- emergency button 300mm from toilet.

Unisex toilet with artificial lighting.



SENSORY GUIDE



Feel

Change in ground surfaces
Heating/Cooling



Sounds

Echo
Hand dryer
Toilet flushing
Water running



Sights

Bright lights
Mirror/Reflection



Smells

Bathroom smells
Disinfectants

Therapeutic benefits of activity

Doing regular moderate physical activity has many benefits. Below are the associated therapeutic benefits of activities available at Gunyama Park Aquatic and Recreation Centre.

All areas

- Improves cardiovascular health
- Improves muscular strength
- Improves overall mental health and wellbeing
- Improves proprioception
- Promotes improvements in range of movement.
- Reduces pain and inflammation
- Reduces stiffness
- Relaxation and calming benefits
- Supports injury rehabilitation

Hydrotherapy

- Encourages sensory exploration
- Facilitates development of gross motor skills
- Functional retraining for work
- Increased flexibility
- Increased aerobic fitness
- Increased muscular strength
- Promotes sensory regulation
- Relief of muscular tension and decreased pain

Pools

- Develops interpersonal and social skills
- Develops social awareness
- Develops understanding of winning and losing
- Encourages children to practice turn taking
- Encourages cooperation
- Encourages sensory exploration
- Facilitates development of gross motor skills in children

Gym

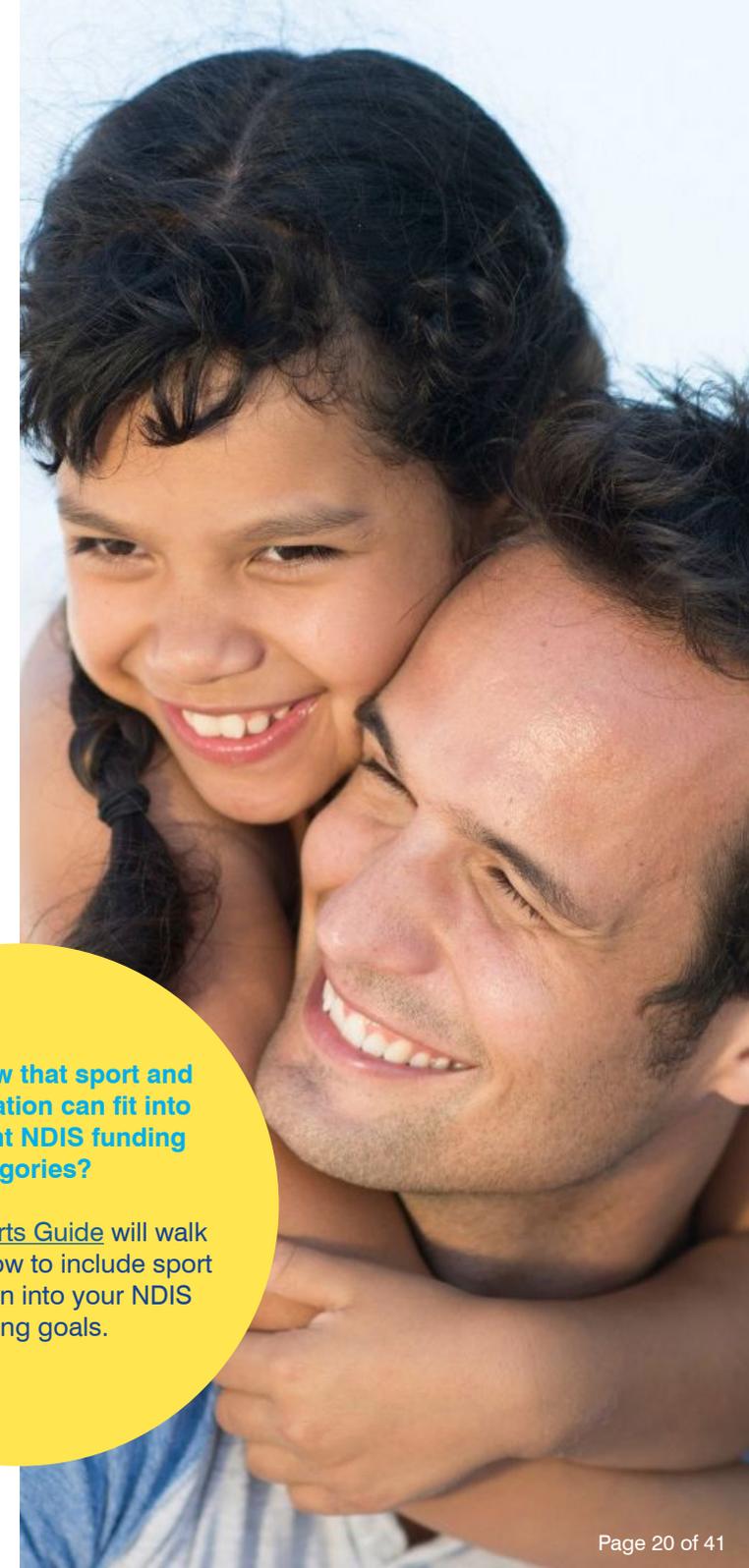
- Develops interpersonal and social skills
- Develops social awareness
- Improves balance
- Improves muscle growth

Group fitness (wet and dry)

- Encourages sensory exploration
- Facilitates development of gross motor skills

Did you know that sport and active recreation can fit into four different NDIS funding categories?

The [NDIS Sports Guide](#) will walk you through how to include sport and recreation into your NDIS planning goals.





Hydrotherapy pool



The hydrotherapy pool is past the reception entry turnstiles, on the right.

Access is through two sets of single automated glass doors. The first with a clearance of 1260mm and the second with a clearance of 1730mm.

The hydrotherapy pool can also be accessed through Changing Places. See [page 16](#) of your Access Key for more information.

Includes:

- hydrotherapy pool
- toilets
- seven fixed seats with back and armrests
- ten fixed seats with no backrests
- six wheelchair parking spaces integrated into seating
- lockers
- pigeon-hole storage for bags
- drink taps.

Hydrotherapy pool

The hydrotherapy pool is used for swim school, aquatic group fitness classes, private bookings and public use.

Includes:

- pool access ramp with handrails on both sides. Ramp 1 with gradient 1:14 and length 6400mm. Ramp 2 with gradient 1:14 and length 9000mm
- pool access steps with handrails on both sides
- hoist access available. See staff for assistance
- pool depth 1.1-1.5m
- temperature 34 degrees Celsius.

The hydrotherapy pool is not open for public access during group fitness or private booking times. We recommend you call ahead or check [online](#) for availability of the pool before attending.



Feel

Being splashed
Heat | Humidity
Increased body temperature
Increased heart rate
Shared personal space
Warm water



Feel

Water resistance
Weightlessness



Sounds

Echo
Fans
People
Splashing
Water running



Sights

Bright lights
Splashing



Smells

Chlorine

SENSORY GUIDE

Hydrotherapy pool

Toilets

Toilets are within the hydrotherapy pool space.

Includes:

- unisex, fully accessible toilet with sensor lighting
- automated door opening inward. Door clearance of 1170mm. Push button lock at 1170mm AFFL
- cubicle space 7500mm x 3500mm
- grab bars to the right and behind toilet
- colour contrast toilet seat
- toilet height 490mm AFFL with right hand transfer
- emergency button 600mm from toilet
- sink height 830mm AFFL with lever tap 980mm AFFL
- shower with HSHS, shower bench and grab bars
- adult change table – electronically height adjustable and manual foldable table – Safe Working Load 200kg
- C450M Ceiling Waverley Glen motorised height adjustment, manual traverse ceiling hoist with hoist/grab bar – Safe Working Load 200kg.
- hoist operating instructions are displayed on the wall within the toilet.

Please remember to bring your own sling and ensure it is compatible with the hoist.
If there is any uncertainty, please do not use hoist.

Separate male and female changerooms with toilets including ambulant toilet, showers and seats with grabrails.

Baby change and open showers are on pool concourse.



SENSORY GUIDE



Feel

Change in ground surfaces
Heating/Cooling
Shared personal space
(excl. accessible)



Sounds

Echo
Hand dryer
People
(excl. accessible)
Toilet flushing
Water running



Sights

Bright lights
Mirror/Reflection



Smells

Bathroom smells
Disinfectants



The pool hall is past the reception entry turnstiles, to the right. Access to this space is through two sets of automated glass doors with a clearance of 1800mm.

Includes:

- aqua play park
- 25m program pool
- toilets
- cabana style change rooms for families and individuals. Flat entry through manual lockable door opening inward with a clearance of 960mm. Change benches and clothing hooks are available inside.
- twenty-six fixed seats with back and armrests
- eighty-eight fixed seating with no backrests
- eight wheelchair parking spaces integrated into seating
- twenty pram parking spaces integrated into seating
- lockers at an operating height of 1200mm AFFL
- drink taps.

Pool hall

Pool hall

Aqua play park

The aqua play park operates purely as a play space with water features to support children to explore their sensory environment.

Includes:

- waded entry
- pool depth 0-0.9
- temperature 30 degrees Celsius
- slides, spraying devices and a tipping bucket.



Please remember to actively supervise children at all times.



Feel

Being splashed
Heat | Humidity
Increased body temperature
Increased heart rate



Feel

Shared personal space
Water resistance
Weightlessness



Sounds

Amplified voice
Competition starter gun
Echo | Music
People | Splashing
Water features
Water running



Sights

Bright lights
Flashing lights
Glare
Splashing
Water features



Smells

Chlorine

SENSORY GUIDE

Pool hall

25m program pool

The 25m program pool is utilised for lap swimming, aquatic group fitness, external bookings and programs, swim school, carnivals and competitions.

Includes:

- pool access ramp with handrails on both sides. Ramp lengths (x2) 7700 mm each with variable gradient
- pool access steps with handrails on both sides
- hoist access available. See staff for assistance
- pool depth 0-2m
- temperature 28 degrees Celsius
- adjustable floor to change the pool's depth for a range of programming.

Three lanes are available for public access during group fitness or private booking times. We recommend you call ahead to check availability of the pool before attending or check [online](#). For live lane availability visit our [website](#).



SENSORY GUIDE



Feel

Being splashed
Heat | Humidity
Increased body temperature
Increased heart rate



Feel

Shared personal space
Water resistance
Weightlessness



Sounds

Amplified voice
Competition starter gun
Echo | Music
People | Splashing
Water features
Water running



Sights

Bright lights
Flashing lights
Glare
Splashing
Water features



Smells

Chlorine

Pool hall

Aqua group fitness

A variety of aqua group fitness classes are available for members and casual users. A timetable can be found on our [website](#).

All aqua group fitness classes are free for people who have a 360 membership. For casual users, group fitness classes incur a fee.

Casual

1. Purchase a ticket from main reception service desk.
2. Staff will direct you to the appropriate pool.
3. Give your ticket to the instructor who is operating the class.

360 Member

1. Collect a ticket or use the automatic LINKS ticket kiosks. The kiosks are opposite the main reception and on level one opposite the entry to fitness studio 1.
2. Staff will direct you to the appropriate pool.
3. Give your ticket to the instructor who is operating the class.

All group fitness classes have a limited capacity. Please book [online](#) and refer to our [group fitness booking policy](#).

Due to health and safety reasons, people who arrive after the class has started will not be able to purchase a ticket and join the class.



SENSORY GUIDE



Feel

Being splashed | Heat | Humidity
Increased body temperature
Increased heart rate
Shared personal space
Water resistance
Weightlessness



Sounds

Amplified voice
Echo
Music
People
Running Water



Sights

Splashing
Flashing lights



Smells

Chlorine

Pool hall

Toilets

The pool hall has two unisex, accessible toilets and a host of family friendly unisex change facilities.

Location: Within the pool hall space, on the far-right wall.

Includes:

- unisex, accessible toilet with sensor lighting
- automated door opening inward. Door clearance of 850mm. Push button lock at 1000mm AFFL
- cubicle space 2400mm x 2900mm
- grab bars to the left and behind toilet
- contrast toilet seat
- toilet height 490mm AFFL with left hand transfer
- sink height 800mm AFFL with lever tap 930mm AFFL
- emergency button 300mm from toilet
- shower with grab bars, HSH and shower bench
- baby change.

Location: Opposite the waterplay area, past the village change area.

Includes:

- unisex, accessible toilet with sensor lighting
- automated door opening inward. Door clearance of 850mm. Push button lock at 1000 mm AFFL
- cubicle space 2370mm x 3370mm
- grab bars to the left and behind toilet
- contrast toilet seat
- toilet height 490mm AFFL with left hand transfer
- sink height 800mm AFFL with lever tap 930mm AFFL
- emergency button 300mm from toilet.
- shower with grab bars, HSH and shower bench
- baby change.

Separate male and female toilets which include ambulant toilet, showers, change benches and clothing hooks.



SENSORY GUIDE



Feel

Change in ground surfaces
Heating/Cooling
Shared personal space (excl. accessible)



Sounds

Echo
Hand dryers
People (excl. accessible)
Toilet flushing
Water running



Sights

Bright lights
Mirror/Reflection
People



Smells

Bathroom smells
Disinfectants



Outdoor pools



The 50m pool and leisure pool are past the reception entry turnstiles, to the left. Access is through an automated glass door with a clearance of 2450mm.

This outdoor area can also be accessed from the pool hall either immediately after passing through a set of automated glass doors, with a clearance of 4500mm, or at the far end of the pool hall.

Includes:

- 50m pool
- leisure pool
- toilets
- cabana style change rooms for families and individuals. Cabanas are in the outdoor amenities space. Entry is through manual door opening inward with a clearance of 960mm. Change benches and clothing hooks are available inside.
- lockers at an operating height of 1200mm AFFL
- twenty-two fixed seats with back and armrests
- seventy-nine fixed seats with no backrests
- ten wheelchair parking spaces integrated into seating
- drink taps
- sunbeds, sunshades and umbrellas
- café tables with umbrellas at a height of 750mm AFFL and chairs with back and armrests.

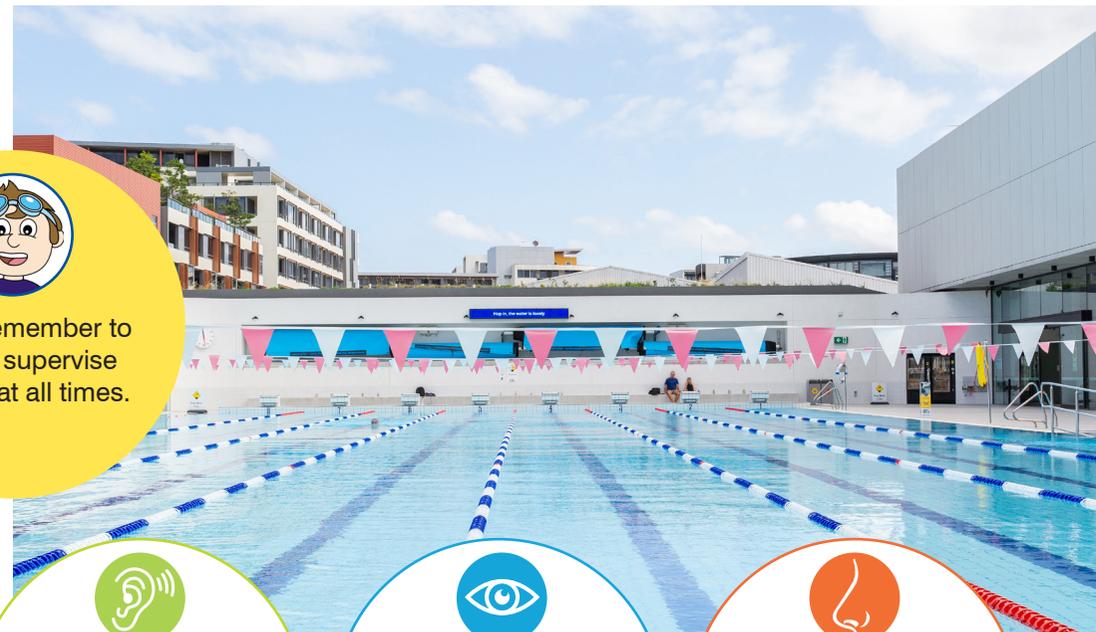
Outdoor pools

50m pool and leisure pool

The 50m pool and leisure pool are used for swim school (squads), lap swimming, external bookings (lane bookings), carnivals, competitions and leisure purposes.

Includes:

- 50m pool access ramps with handrail on both sides. Ramp 1 with gradient 1:14 and length 8410mm. Ramp 2 with gradient 1:14 and length 8400mm
- 50m pool access steps with handrail on both sides
- 50m pool depth 1.2-2m
- leisure pool with waded entry and stepped access with handrails on both sides
- leisure pool access ramp with handrail on one side. Ramp with gradient 1:21 and approximate length 18900mm
- leisure pool depth 0-0.9m
- both pools at temperature 26.5 degrees Celsius.



Please remember to actively supervise children at all times.



Feel

Being splashed
Increased body temperature
Increased heart rate
Shared personal space



Feel

Water resistance
Weather
Weightlessness



Sounds

Automated doors
Nature
People
Splashing
Starter gun
Water running



Sights

Glare



Smells

Chlorine
Sunscreen

SENSORY GUIDE

Outdoor pools

Toilets

The outdoor pool area has two unisex, accessible toilets and a host of family friendly unisex change facilities.

Location: To the left of the leisure pool.

Includes:

- unisex, accessible toilet with sensor lighting
 - automated door opening inward. Door clearance of 840mm. Push button lock at 1170mm AFFL
 - cubicle space 2320mm x 2900mm
 - grab bars to the right and behind toilet
 - contrast toilet seat
 - toilet height 490mm AFFL with right hand transfer
 - emergency button approximately 600mm from toilet
 - sink height 830mm AFFL with lever tap 980mm AFFL
 - shower with grab bars, HSH and shower bench
 - baby change area.
- unisex, accessible toilet with sensor lighting
 - automated door opening inward. Door clearance of 840mm. Push button lock at 1170mm AFFL
 - cubicle space 4000mm x 2780mm
 - grab bars to the right and behind toilet
 - contrast toilet seat
 - toilet height 490mm AFFL with right hand transfer
 - emergency button approximately 600mm from toilet
 - sink height 830mm AFFL with lever tap 980mm AFFL
 - shower with grab bars, HSH and shower bench
 - baby change area.

Separate male and female toilets which include ambulant toilet, showers, change benches and clothing hooks are available.



SENSORY GUIDE



Feel

Change in ground surfaces
Heating/Cooling
Shared personal space
(excl. accessible)



Sounds

Echo
Hand dryers
People
(excl. accessible)
Toilet flushing
Water running



Sights

Bright lights
Mirror/Reflection
People
(excl. accessible)



Smells

Bathroom smells
Disinfectants



The gym and group fitness studios are on level one.

Access is via steps with handrail on both sides. The steps are past the reception entry turnstiles, on the right.

There is a second set of entry turnstiles.

Lift access is also available.

Staff can provide assistance at level one reception service desk.

Includes:

- gym
- fitness studios
- outdoor yoga and meditation deck
- chairs with back and armrests in the gym foyer space
- toilets and changerooms
- bench seating in hallways outside the fitness studios
- drink and bottle filling taps
- vending machines
- consultancy rooms. Access is through a manual door opening inward with a clearance of 850mm.

Indoor fitness

Gym

The [gym](#) is available for workouts for both members and casual users.

Includes:

- a variety of gym equipment including cardio machines, pin loaded machines, barbells, dumbbells and functional training equipment
- a selection of disability friendly fitness equipment.



Don't forget your towel and drink bottle.



Feel

Change in ground surface
Heating/Cooling
Increased body temperature
Increased heart rate
Shared personal space



Sounds

Amplified voice (group fitness)
Music
People
Weights clanging



Sights

Bright lights
Glare
Mirror/Reflection



Smells

Deodorant
Perspiration
Rubber matting

SENSORY GUIDE

Indoor fitness Studios

The group fitness studios are on level one. A variety of [classes](#) are available for all fitness levels and include cardio, functional training and wellness classes. A timetable can be found on our [website](#).

Access to the group fitness studios is through manual doors opening inward with a clearance of 1150mm.

Access to studio 4 is through a manual door opening inward with a clearance of 950mm. It is at the end of the hallway near studio 1 or through the cardio area.

Access to the outdoor yoga and medication deck is through a manual door opening outward with a clearance of 950mm.

All dry group fitness classes are free for people who have a 360 membership. Casual users incur a fee.

Casual

1. Purchase a ticket from main reception service desk.
2. Staff will direct you upstairs to the group fitness rooms.

3. Give your ticket to the instructor who is operating the class.

360 Member

1. Collect a ticket or use the automatic LINKS ticket kiosks. Kiosks are opposite main reception and on level one opposite entry to fitness studio 1.
2. Head upstairs to the group fitness room. Staff are available at level one reception service desk.
3. Give your ticket to the instructor who is operating the class.

All group fitness classes have a limited capacity. Please book [online](#) and check our [group fitness booking policy](#).

Due to health and safety reasons, people who arrive after the class has started will not be able to purchase a ticket and join the class.



SENSORY GUIDE



Feel

Change in ground surface
Heating/Cooling
Increased body temperature
Increased heart rate
Shared personal space



Sounds

Amplified voice
Feet hitting stomping
Music
People



Sights

Bright lights
Glare
Mirror reflection
Rapid movement



Smells

Deodorant
Perspiration
Rubber matting

Indoor fitness

Toilets

Location: On level 1, between the gym and the group fitness studios.

Includes:

- unisex, accessible toilet with sensor lighting
- automated door opening inward. Door clearance of 840mm. Push button lock at 1170mm AFFL
- cubicle space 3500mm x 2730mm
- grab bars to the right and behind toilet
- contrast toilet seat
- toilet height 490mm AFFL with right hand transfer
- emergency button approximately 600mm from toilet
- sink height 830mm AFFL with lever tap 980mm AFFL
- shower with grab bars, HSHS and shower bench
- baby change area.

Separate male and female change rooms including toilets, ambulant toilet and lockers are available.



SENSORY GUIDE



Feel

Change in ground surfaces
Heating/Cooling
Shared personal space
(excl. accessible)



Sounds

Echo
Hand dryers
People
(excl. accessible)
Toilet flushing
Water running



Sights

Bright lights
Mirror/Reflection
People
(excl. accessible)



Smells

Bathroom smells
Disinfectants

Multipurpose sports field and outdoor fitness

Gunyama Park Aquatic and Recreation Centre boasts a large, synthetic multipurpose sports field. It is outside the facility, directly opposite the 50m pool.

This space is available for public use when it is not booked. The sports field can also be booked. Please call 1300 198 412.

A display screen is outside the centre's second entrance showing if there are any bookings on the sports field for any given day.

There is an outdoor fitness space available for public use at the end of the sports field, directly next to Zetland Avenue. It includes a variety of different exercise equipment.



Don't forget your towel and drink bottle.



Feel

Change in ground surface
Increased body temperature
Increased heart rate
Weather



Sounds

Nature
People
Traffic
Whistle



Sights

Glare



Smells

People
Deodorant

SENSORY GUIDE

Creche

A creche operates at Gunyama Park Aquatic and Recreation Centre for children aged 8 weeks to 6 years old. Hours of operation are Monday to Saturday 8am - 1pm but may be subject to change. For current hours visit our [website](#).

The creche is past the main reception entry turnstiles, to the right-hand side.

Access is through a manual door opening inward with a clearance of 850mm.

The creche has its own dedicated toilet area.

To make a booking, please email askbelgravia@belgravialeisure.com.au or call 1300 198 412.

The creche is for people who have a 360 membership.



Feel
Heating/Cooling
Shared personal space



Sounds
Children playing
Toys
Singing



Sights
Glare



Smells
Disinfectants
Food/Drink
Glue
Paint

SENSORY GUIDE

Bookable spaces

A variety of bookable spaces are available. These include two multipurpose meeting rooms and the group fitness studios.

Multipurpose meeting rooms

Location: Within the foyer. The first is opposite main reception service desk. The second is in a hallway between reception and the café. Access is through a manual door opening inward. Door clearance of 890mm.

Includes:

- AV equipment
- table and chairs with backrests
- instant hot /chilled water
- catering through the centre cafe.

Group fitness studios

Location: On level 1. See [page 34](#).

Includes:

- AV equipment
- moveable tables and chairs with backrests
- tea/coffee making facilities
- chilled water and catering through the centre cafe.

To make a booking please email

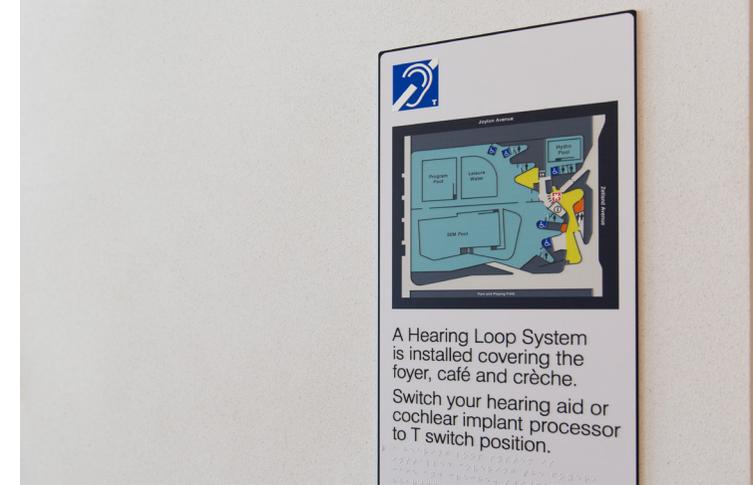
askbelgravia@belgravialeisure.com.au or
call 1300 198 412.

For further details, please visit our [website](#).



Accessibility

- Accessible website.
- Phone and internet bookings system.
- Electronic payment method preferred throughout.
- Discounts are available for concession card holders.
- 'Ease of access' is available for those facing financial hardship to access the facility. City access card provides discounted entry to our swimming pools and fitness centres at Ian Thorpe Aquatic Centre, Victoria Park Pool, and Cook and Phillip Park Pool. For more information call (02) 9265 9333 or visit cityofsydney.nsw.gov.au
- Assistance animals welcome.
- 'Parking, Swim and Gym' meter at operating height 1200mm AFFL.
- Clear path of travel from outdoor to indoor areas.
- Wide, clear internal walkways throughout.
- Reception with screens displaying program information, costing and additional information.
- Reception service desk height at 1160mm AFFL. Additional low height service desk at 770mm AFFL.
- Staff available to read information.
- Pen and paper for exchange of information at reception.
- Large print information can be made available. See staff for assistance.
- Toilet facility signage in Braille.
- Wayfinding signage throughout.
- Wall mounted Hearing Loop signage in Braille.
- Infrared Hearing Augmentation System installed covering gym workout areas. Infrared Receivers from main reception service desk.
- Hearing loop installed covering foyer, café and creche. Switch your hearing aid or cochlear implant processor to T switch position.
- FM Hearing Augmentation System installed covering pools and concourse.
- Storage for mobility aids available. See staff.
- Mobility aid charging station in foyer area at height of 400mm. Signage available.
- Water wheelchairs available. No fee for use. Please see staff to request.
- LINKS automatic ticket kiosks at operating height 1100mm to 1700mm AFFL.
- Lift operating button to access gym at height of 1050mm AFFL. Door clearance of 1400mm. Cubicle space of 1350mm x 2370mm.
- Turnstile clearance 1000mm.
- Mobility scooters permitted on pool decks.
- Vending machines throughout facility at an operating height of 1010mm AFFL.
- Wi-Fi available. Name: Belgravia-Guest, no password required.
- Café service desk at height 1010mm AFFL. Low height service desk at height 870mm AFFL.
- Café service window in outdoor pool area 860mm AFFL and outdoor tables at 720mm AFFL.
- Gym reception service desk at height of 940mm AFFL. Additional service desk at height of 820mm.
- Level 1 consultation rooms access through a manual door opening inward with a clearance 850mm.
- Drink taps throughout the facility at operating height 860mm AFFL. Additional low height taps at operating height 720mm.





Safety

- Main entrance airlock with TGSi at top and handrail on both sides.
- Main and second entrance pathways with no TGSi.
- Glass entry doors and glass windows throughout with wide solid glazing band at 900mm to 1000mm AFFL.
- Hydrotherapy pool with five duress alarms.
- Pool areas with stepped access to upper tiered seating with centre handrail. No TGSi.
- Outdoor leisure pool with shading.
- Pools with slip resistance surface at entry points.
- Pool drainage grates may serve as a tactile ground indication of a potential hazard for visually impaired.
- Walking only.
- Gym entrance stairs with TGSi at top and bottom.
- Gym balcony with guard rail at a height of 1100mm. Viewing gaps at 110mm between bars.
- Flat terrain throughout.
- Seating with colour contrast to walls and floor.
- Clear paths of travel for those using a mobility aid throughout.
- All staff are first aid trained. If you require first aid, please speak to a staff member and they will be happy to assist you.
- Visible, illuminated exit signs.
- Wet floor signage may be displayed.
- All staff have Working with Children Checks and Police Checks.
- Lockers available throughout to securely store belongings. Fees apply.
- Defibrillators in pool operations office, outdoor pool area, gym, creche, hydrotherapy pool and café. All areas have clear signage.
- In the event of an emergency, staff will help and direct people. If there is to be an evacuation, people will be directed to the nearest exit and designated assembly area.
- Evacuation maps in foyer, cafe and pool hall.

Contact

17 Zetland Avenue
Zetland NSW 2017

P: 1300 198 412

W: gunyamapark.com.au